



Creamy Vegetable Sandwiches

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



408 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 carrots
- 16 ounce cream cheese softened
- 1 medium cucumber
- 2 tablespoons parsley fresh minced
- 3 garlic cloves
- 0.5 cup green onions sliced
- 2 tablespoons mayonnaise
- 1 medium size bell pepper red

16 slices cocktail rye bread thin

0.5 teaspoon salt

Equipment

bowl

Directions

Peel and seed cucumber; dice cucumber and bell pepper. Grate carrots, and mince garlic.

Combine cucumber, bell pepper, carrot, garlic, green onions, and next 4 ingredients in a large bowl, stirring until well blended.

Spread mixture on half of rye bread slices, and top with remaining slices.

Cut vegetable sandwiches in half diagonally.

Nutrition Facts



PROTEIN 9.39% **FAT 53.21%** **CARBS 37.4%**

Properties

Glycemic Index:39.65, Glycemic Load:16.27, Inflammation Score:-10, Nutrition Score:19.394347659434%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 408.3kcal (20.42%), Fat: 24.4g (37.54%), Saturated Fat: 12.29g (76.79%), Carbohydrates: 38.59g (12.86%), Net Carbohydrates: 33.53g (12.19%), Sugar: 6.84g (7.6%), Cholesterol: 58.74mg (19.58%), Sodium: 750.16mg (32.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.68g (19.37%), Vitamin A: 5220.2IU (104.4%), Vitamin K: 42.58µg (40.55%), Selenium: 24.99µg (35.71%), Manganese: 0.63mg (31.62%), Vitamin C: 24.31mg (29.46%), Folate: 95.94µg (23.98%), Vitamin B2: 0.38mg (22.64%), Vitamin B1: 0.33mg (21.91%), Fiber: 5.06g (20.24%), Phosphorus: 163.17mg (16.32%), Vitamin B3: 2.92mg (14.59%), Iron: 2.24mg (12.46%), Calcium: 122.11mg (12.21%), Magnesium: 40.32mg (10.08%), Potassium: 347.87mg (9.94%), Vitamin B6: 0.19mg (9.32%), Copper: 0.17mg (8.54%), Vitamin E: 1.25mg (8.33%), Zinc: 1.2mg (8.01%), Vitamin B5: 0.8mg (7.96%), Vitamin B12: 0.13µg (2.15%)